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# Family Caregiver Support Program

## *Offering Help to Caregivers Who Are:*

- Caring for an adult age 60 or older
- Age 60 years or older and caring for grandchildren or other young relatives who are age 18 or younger

## *Services Available:*

- **Information** about local services and supports
- **Assistance** from a trained Caregiver Coordinator to help caregivers assess needs and access support services
- Individual and family **counseling, support groups and training**
- **Respite care** for caregivers
- Services are provided at **no cost** to qualifying participants and are federally funded under the Older Americans Act.

## *Contact Information:*

**N.D. Department of Human Services**

**Aging Services Division**

N.D. Senior Info Line

1-800-451-8693

[www.ndseniorinfoonline.com](http://www.ndseniorinfoonline.com)

OR

**a regional human service center**

(located in Bismarck, Devils Lake, Dickinson, Fargo,  
Grand Forks, Jamestown, Minot, and Williston)

